



Teens, Parents, and Driver Education: What's Down the Road?

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 - Ray Bingham
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 - NIH (NIAAA, NICHD)
 - CDC and CDC's NCIPC
 - NHTSA

Overview

- What do we know about teen drivers?
- What's been done to help teen drivers' safety?
- Why do some teens crash and not others?
- How can we help parents help their teen drivers?
- Can technology help (safety monitoring)?
- Where are we and what's ahead down the road?

What do we know about teen drivers?



As a group, teen drivers crash more:

- When younger age at licensure
- In first months of driving on own
- When driving at night
- When driving with teen passengers
- If they are male

What's been done to help teen drivers' safety?



Policies that help teen drivers' safety:

- Minimum Legal Drinking Age laws (all states by 1988)
- Zero Tolerance laws (all states by 1998)
- Primary safety belt laws (32 states, not MT)
- Speed limits
- Graduated Driver Licensing (all states by 2011)
 - Three stages, more practice, intermediate stage with restrictions (night, passenger, cell phone, etc.)
 - Effective – reduces 16 year old crashes 20-40%

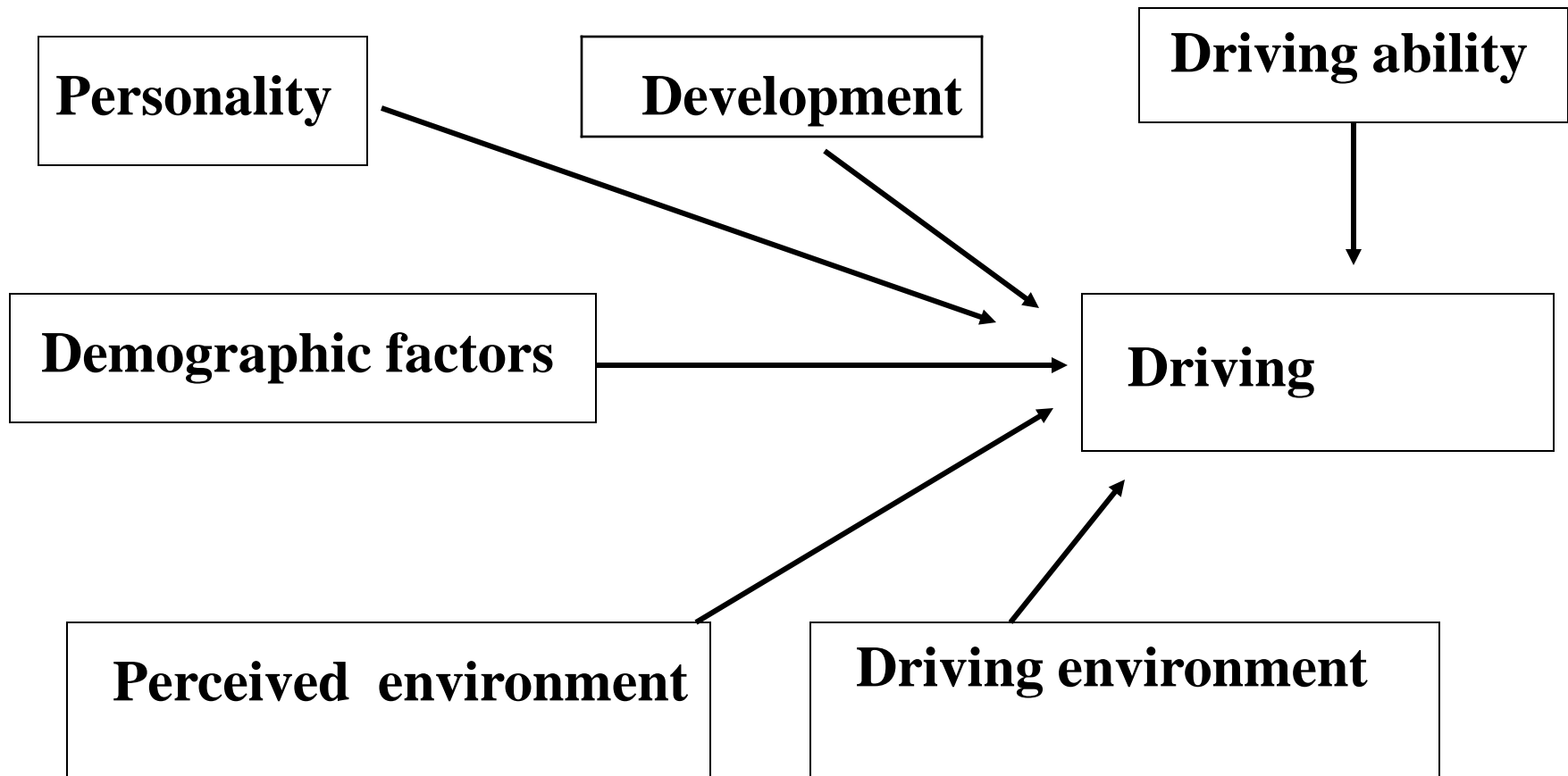
Driver educators can:

- Educate teens and parents about policies
- Remind parents that policies are the minimum; parents can individualize
- Educate teens about the safety reasons for policies
- Support policies at community and state level
- Advocate for improved policies
- Other...

Why do some teen drivers crash and not others?



Influences on Young Drivers



Longitudinal Study

- Followed 17,000 students from age 10
- Substance abuse evaluation studies
- 13,000 obtained Michigan license
- Questionnaires, phone interviews
- Driver license/crash records
- Data linked and analyzed
- Theoretical basis
- Several publications of results

Teens who crash:

- Use tobacco, alcohol, and marijuana earlier and more
- Have friends who use alcohol and marijuana
- Have easy access to alcohol and marijuana
- Live with only one parent
- Felt parents were lenient regarding teens' drinking
- Felt parents did not monitor them closely
- Felt less family connectedness
- Were susceptible to peer pressure
- Were accepting of deviant behavior

Montana Teen Study

- Youth Risk Behavior Survey 2003, 2005, 2007
- 9th and 12th grade students
- N = 9,888
- Data weighted to represent state
- Montana had added driving items: non-drivers, licensed drivers, never licensed drivers

Montana teens who drive unlicensed:

- Showed problem behavior early
- Smoked
- Drank alcohol
- Used marijuana and other drugs
- Rode with drinking drivers
- Fought and carried weapons
- Had poorer mental health

Driver educators can:

- Be aware of the many other influences on teens' driving
- Be aware of individual differences
- Help parents understand their role
- Help parents understand their own teen's needs
- Other...

How can we help parents help their teen drivers?



Parents' Role in Teen Driving

- Parents know their teen best
- Parents can and should decide teens' driving readiness
- Parents give permission to teen to learn, get licensed
- Parents usually supervise practice driving
- Parents often own the car, have the keys
- Parents pay insurance, gas, repairs
- Parents must enforce GDL restrictions; police can't
- Parents have more influence than they realize
- Montana's KEYS program (Hartos, Huff, Carroll)

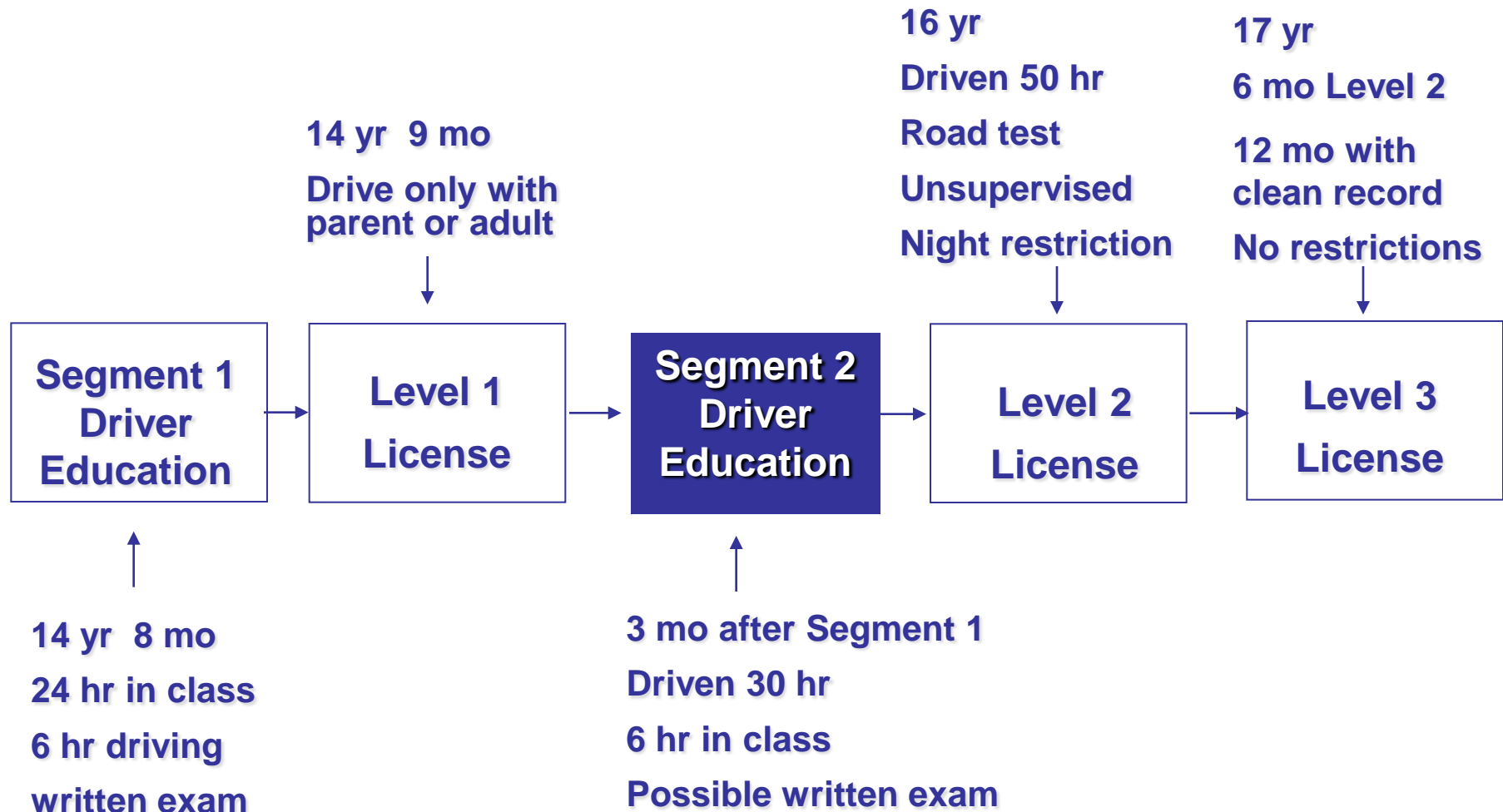
Checkpoints (NICHD)

- Simons-Morton's self-administered parent program
- Facilitates parent management of teen driving to reduce risk, based on Protection Motivation Theory
- Persuasive messages and parent/teen driving agreement
 - Initially, teens drive alone only in low-risk conditions
 - Later, teens gain privileges with experience/responsible behavior
- Delivered through state licensing offices
- Shown promise in increasing agreement use and early restrictions, and reducing risky driving

Driver Education as a Potential Setting for Checkpoints

- Teachable moment for parents
- Good venue for parent-teen discussion (classroom)
- Good venue for interaction with a facilitator
 - Face-to-face
 - Small group
 - Brief intervention

GDL and Driver Education in Michigan



Checkpoints in Michigan Driver Education Study #1

- Test efficacy, in a group-randomized trial, of Checkpoints intervention (large driving school, 344 parent/teen dyads)
 - Adapted for Michigan's GDL
 - Delivered as a brief group intervention
 - Led by trained health educator
 - Delivered to driver education classes

Checkpoints in Michigan DE Results

- **Checkpoints parents (licensure phone survey):**
 - Had increased awareness of teen driving risk
 - Were more likely to have completed agreement
 - Were more likely to set recommended restrictions
 - For heavy rain
 - For road types and speed
 - For teen passengers (marginal)
 - For snow or ice (marginal)
 - Were not more likely to set recommended restrictions for nighttime driving

Checkpoints in Michigan Driver Ed Discussion

- **First report of Checkpoints in driver education**
- **Efficacy was demonstrated for parents who participated, but they were not the majority**
 - Need to increase participation
- **Stronger effects would be desirable**
 - Comparison parents had comprehensive materials
 - Booster could be needed

Checkpoints in Michigan Driver Education Study #2

- Trained driver education instructors administered program
 - ❑ 10 small driving schools
 - ❑ 152 parent-teen dyads
 - ❑ Randomized controlled trial with 6-month follow-up
- Additional poster for class session
- Parent responsibilities in agreement
- Booklet for parents to take home

Checkpoints in Michigan Driver Education Study #2: Objectives

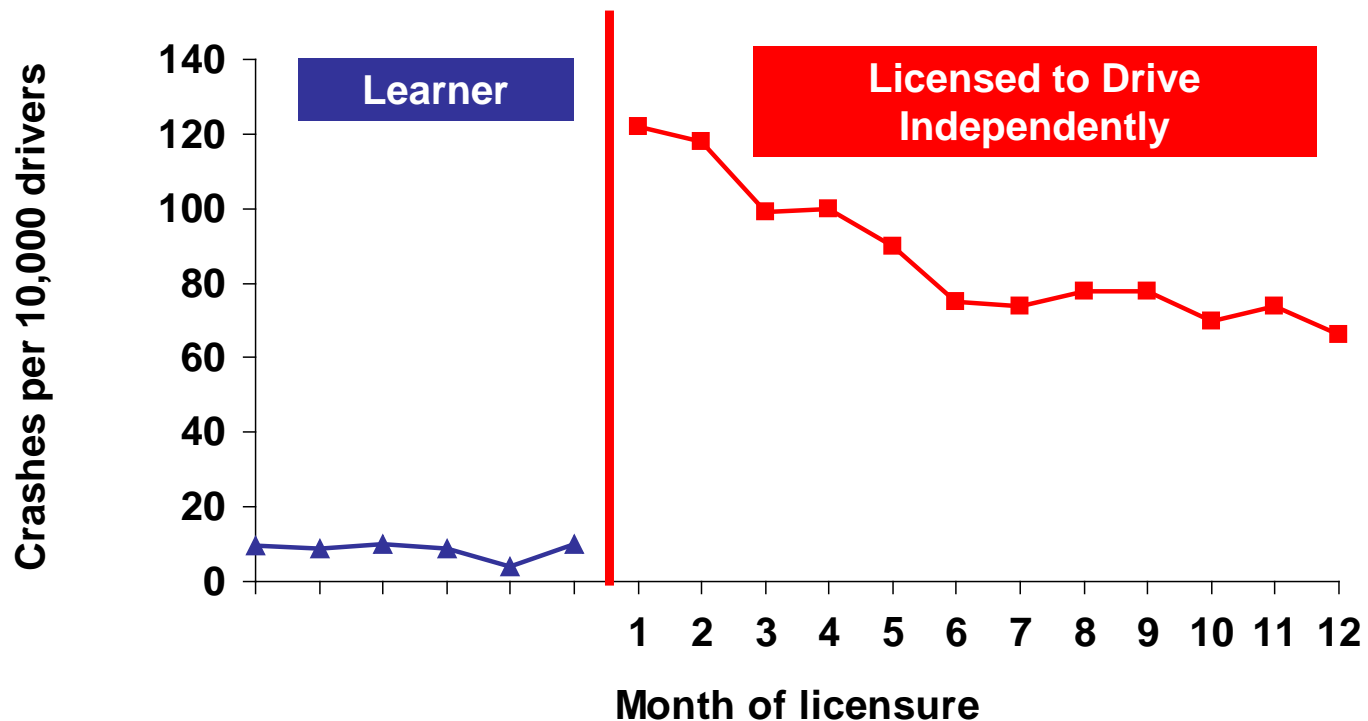
- Raise parents' awareness of risks to teen drivers
- Encourage adoption of parent/teen driving agreement
- Encourage setting appropriate driving restrictions
- Involve parents in monitoring teens' early driving
- Reduce teens' risky driving

Checkpoints in Michigan DE Study #2: Classroom Session

- Parents/teens in driver education classroom (1/2 hour)
- Introduction
- Video “Who Wants to Be a Driver;” discussion
- Persuasive messages
- Teen drivers’ risk (posters)
- Written parent/teen agreement: discussion and completion, one condition at a time
- Conclusion/parent poll of intended driving restrictions

Classroom Figures: Teen Driving Risk

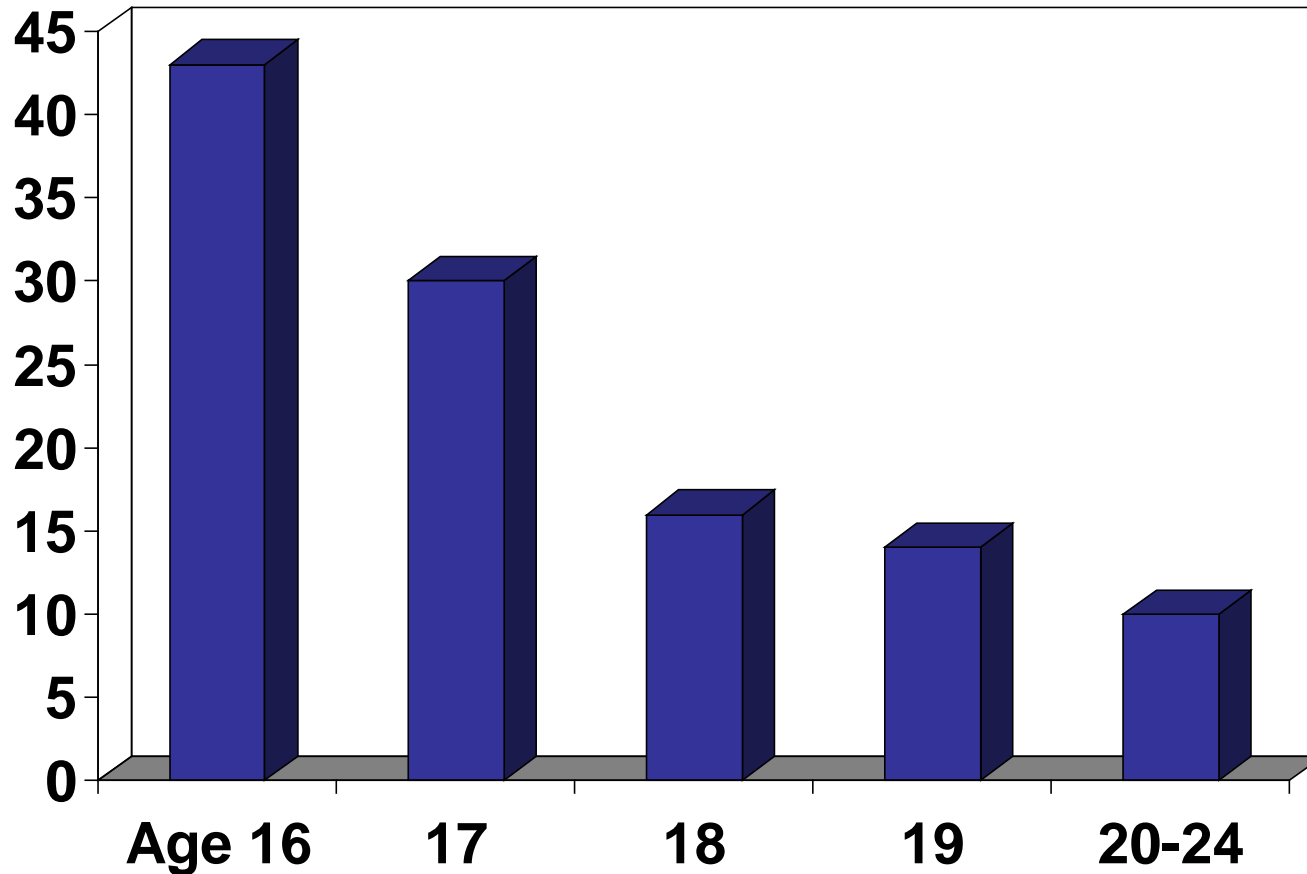
Crash Rate by Licensure Month



Adapted from: Mayhew et al., 2003 - Accident Analysis and Prevention

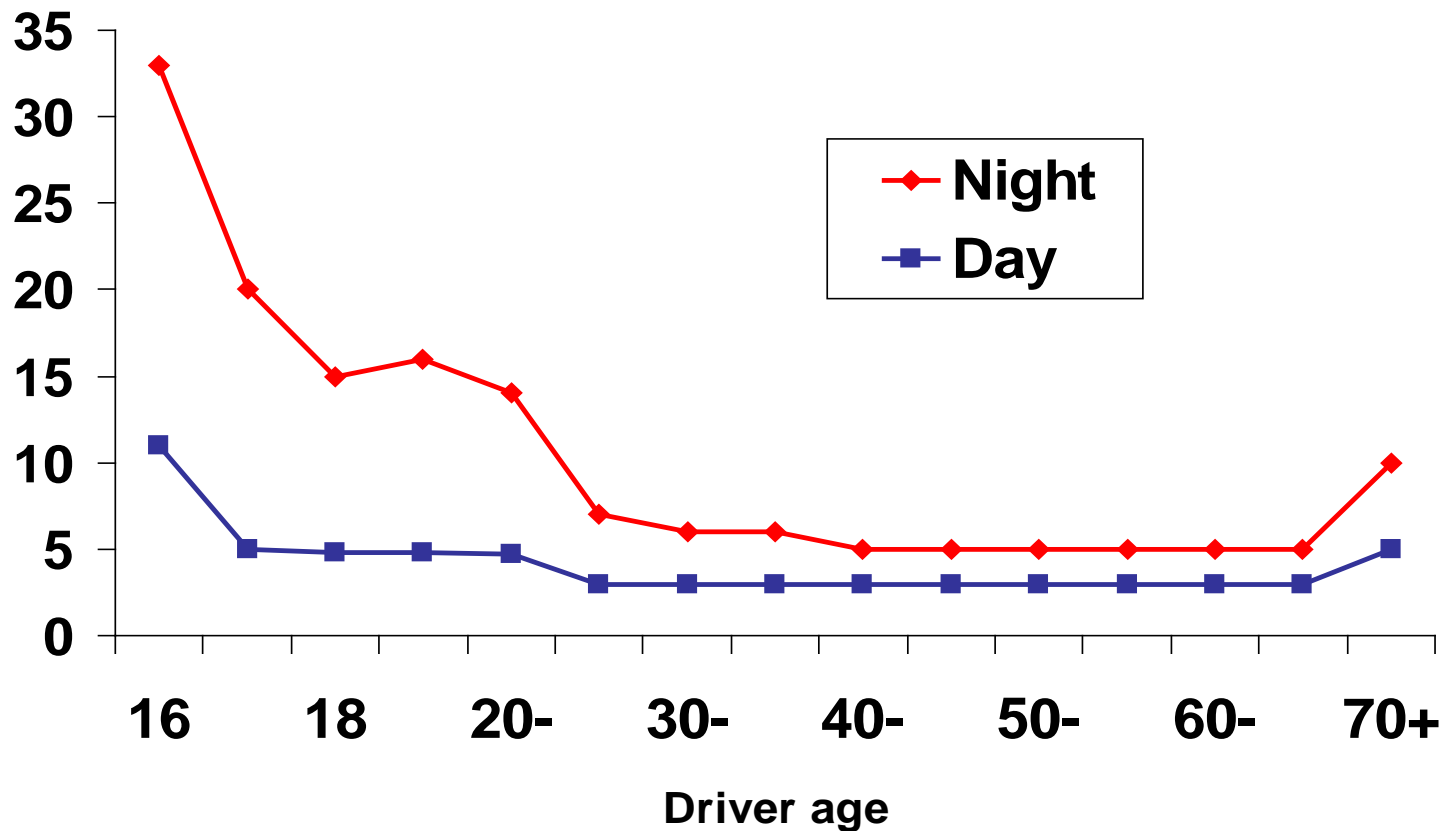
Classroom Figures: Teen Driving Risk

Crashes by Age



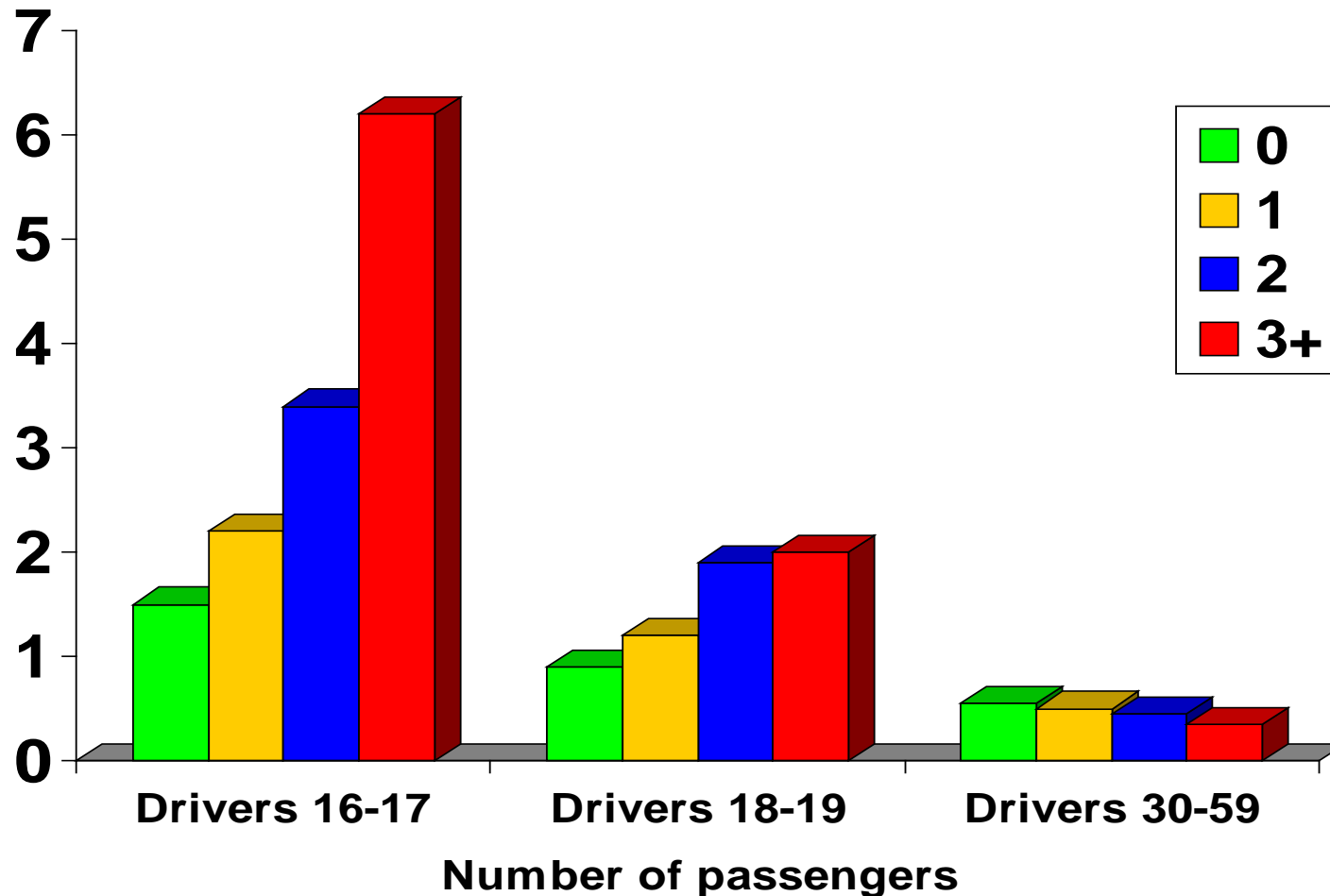
Classroom Figures: Teen Driving Risk

Nighttime Fatal Crashes



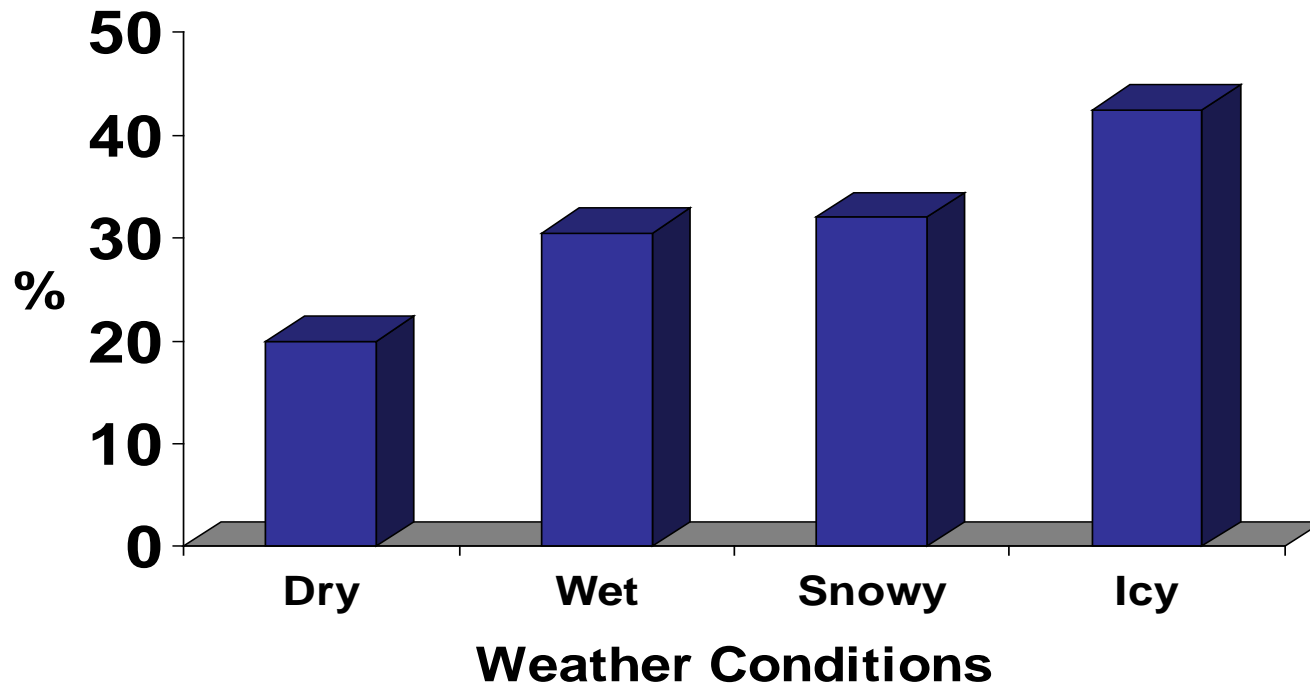
Classroom Figures: Teen Driving Risk

Crashes by Passengers and Driver Age



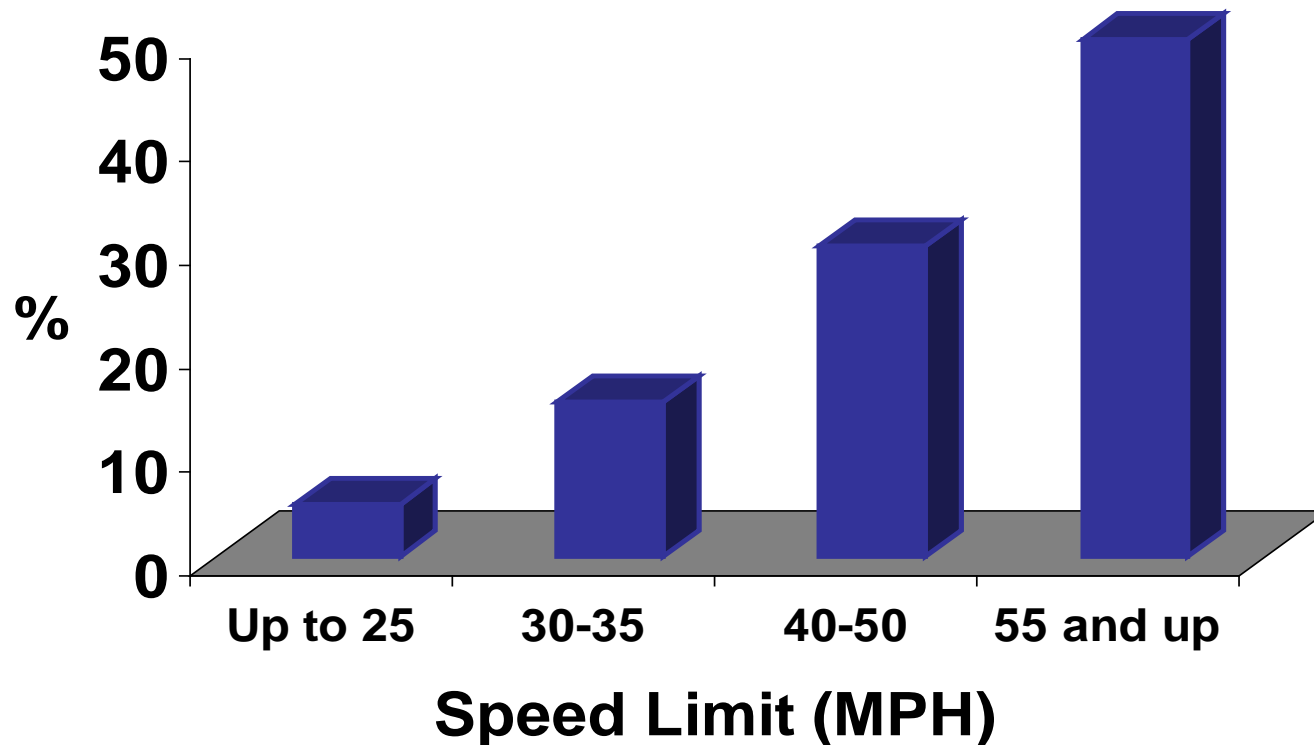
Classroom Figures: Teen Driving Risk

Ran-off-Road Crashes by Weather Conditions



Classroom Figures: Teen Driving Risk

Fatal Crashes by Speed Limit 16 Year-Old Drivers



Checkpoints Agreement: Part 1

Driving Conditions

Parent-Teen Driving Agreement



Part 1...PRIVILEGES FOR UNSUPERVISED DRIVING *These need to be tailored to your teen's driving progress*

DIRECTIONS

- 1 Review risks, discuss, and fill in Checkpoint privileges for each driving condition.
- 2 Decide how long these privileges should remain in effect, and fill in length and date for next review.
- 3 Initial and date agreed-upon privileges.
- 4 At review date, discuss staying in Checkpoint longer, or increasing privileges and filling in next Checkpoint.
- 5 Repeat process for all Checkpoints.

DRIVING CONDITIONS	CHECKPOINT 1	CHECKPOINT 2	CHECKPOINT 3	CHECKPOINT 4
NIGHTTIME				
TEEN PASSENGERS Daytime				
Nighttime				
WEATHER Daytime				
Nighttime				
ROADS Daytime				
Nighttime				
Length of time in effect				
Next date to review if teen: <i>Followed privileges? Improved skills? Had enough practice? Obeyed rules?</i>				
Parent and teen initial: understand and agree to accept driving privileges	Parent _____ Teen _____	Parent _____ Teen _____	Parent _____ Teen _____	Parent _____ Teen _____

Checkpoints Agreement: Part 2

Rules and Consequences

Part 2...DRIVING RULES *These are absolutes – ones that apply to every trip every time*

MARK EACH WITH A CHECK TO INDICATE AGREEMENT	
TEEN DRIVER WILL:	PARENT WILL:
<ul style="list-style-type: none"> <input type="checkbox"/> Never drive after taking any drugs or alcohol or ride with a driver who has taken any drugs or alcohol <input type="checkbox"/> Never speed, tailgate, or cut off others <input type="checkbox"/> Always obey all traffic laws <input type="checkbox"/> Always wear a safety belt and require all passengers to wear safety belts <input type="checkbox"/> Always tell parent/guardian where going and with whom <input type="checkbox"/> Always call home if going to be late <input type="checkbox"/> Always call home if for any reason it is not safe to drive or ride with someone else <input type="checkbox"/> Never play around with passengers, talk on a cell phone, mess with the radio or do anything else distracting. 	<ul style="list-style-type: none"> <input type="checkbox"/> Be a good role model behind the wheel <input type="checkbox"/> Point out and discuss safe and dangerous driving situations and practices <input type="checkbox"/> Apply rules fairly and consistently <input type="checkbox"/> Consider necessary exceptions to the driving privileges <input type="checkbox"/> Provide safe ride home when asked (no questions at that time)
CONSEQUENCES IF TEEN VIOLATES DRIVING PRIVILEGES OR RULES:	
<ul style="list-style-type: none"> <input type="checkbox"/> Lose driving privileges for _____ <input type="checkbox"/> Other _____ 	

AGREE: *We understand and agree to these driving privileges and rules/consequences.*

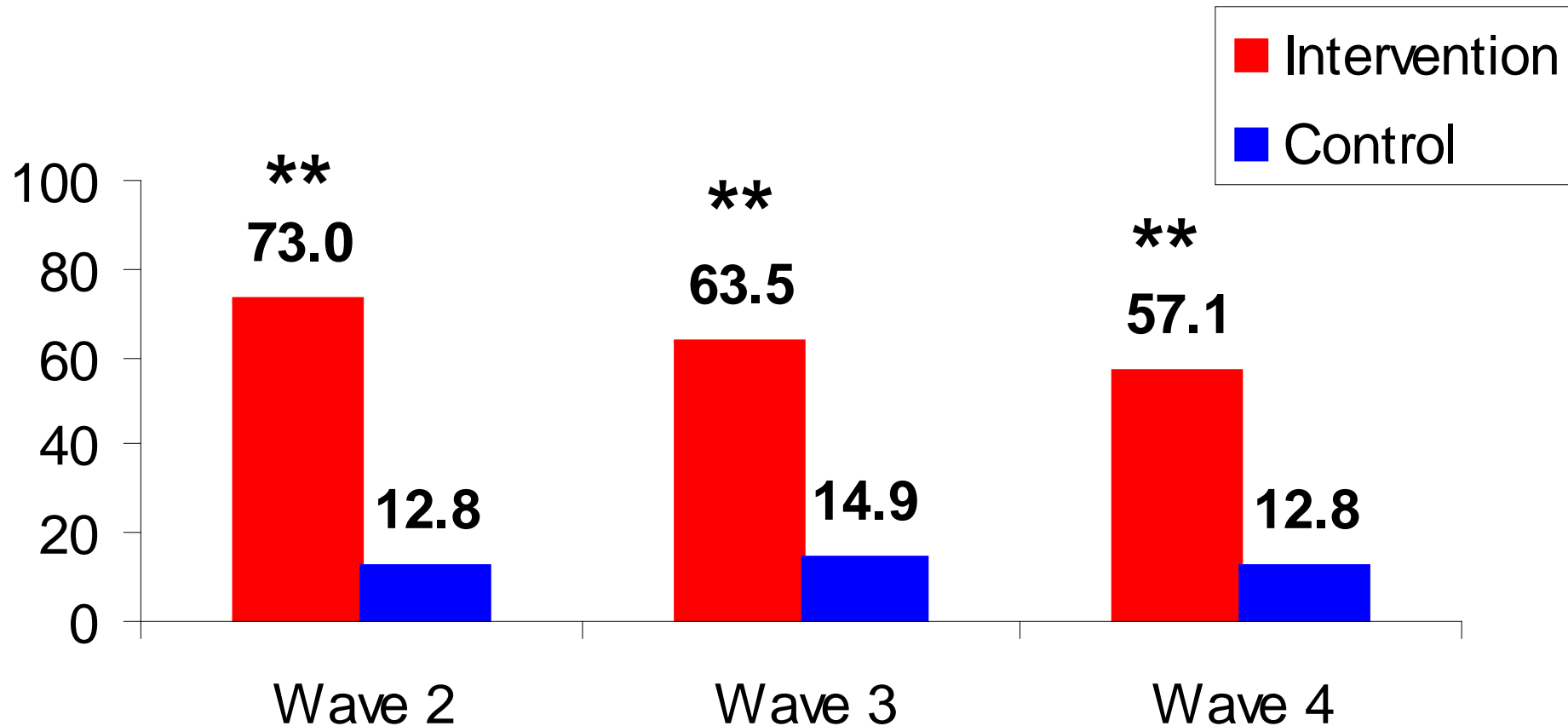
Teen Initials: _____

Date: _____

Parent Initials: _____

Date: _____

% of Teens Using a Written Agreement



Driver Ed Study #2: Other Results

- Significantly more Checkpoints teens had agreements with recommended # teen passengers and night restrictions through 6 months (and road type restrictions at licensure)
- Significantly fewer Checkpoints teens reported risky driving at 6 months (especially speeding 20+ mph over limit and running yellow lights)
- No significant difference in number of teens with offenses (15%) or crashes (12%)

Checkpoints in Michigan DE Study #2: Discussion

- Encouraging results but...
- Only 35% of parents at class sessions
 - Lack of time
 - No need (teen behaving; laws are enough)
- Some parents didn't use materials after the session
 - Lack of time or forgot
 - Work done in session was enough
- Need to increase parent engagement/enforcement, and strengthen limits set

Driver educators can:

- Insist on parent meetings
- Use meeting and other time to engage parents actively
- Point out important risks, but not too much information
- Point out that ALL new drivers are inexperienced
- Encourage use of parent/teen driving agreements
- Use your expertise, credibility to influence parents
- Other...

Checkpoints Web Statewide Distribution (MI) Study

Aims

- **Develop a web-based interactive Checkpoints program (saferdrivingforteens.org)**
- **Examine its adaptability and fidelity**
- **Develop a promotional plan and promotional partners**
- **Identify parent, organization, and program factors related to dissemination, implementation, institutionalization**
- **Measure promotional program effectiveness on the above outcomes**



Making Teen Drivers Safer

Username

Password

Remember Me: ☐

[Login](#)



Welcome to the Checkpoints Program, a free resource for parents of teen drivers.

Help your teen become a safer independent driver. Create a parent-teen driving agreement today.

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Motor vehicle crashes kill more teens than any other cause.

Becoming a safe driver takes years of experience. By being actively involved in their teen's driving, parents help increase their teen's safety.

This website brings parents the Checkpoints program. It has been shown to help parents keep teens safer while they learn how to drive.

[Sign up](#)

Checkpoints Helps by:

- Giving parents [facts](#) about teen driving safety.
- Showing [parents](#) what they can do to make their teen a safer driver.
- Providing a free interactive Parent-Teen Driving [Agreement](#) that can be customized to you and your teen.

“

I was really mad at my parents when they said I couldn't drive at night for three months! All my friends could. Then a kid at school was killed in a late-night wreck. I didn't know him very well, but it made me think, a lot.

”

—Lori, 16-year-old sophomore

LATEST NEWS

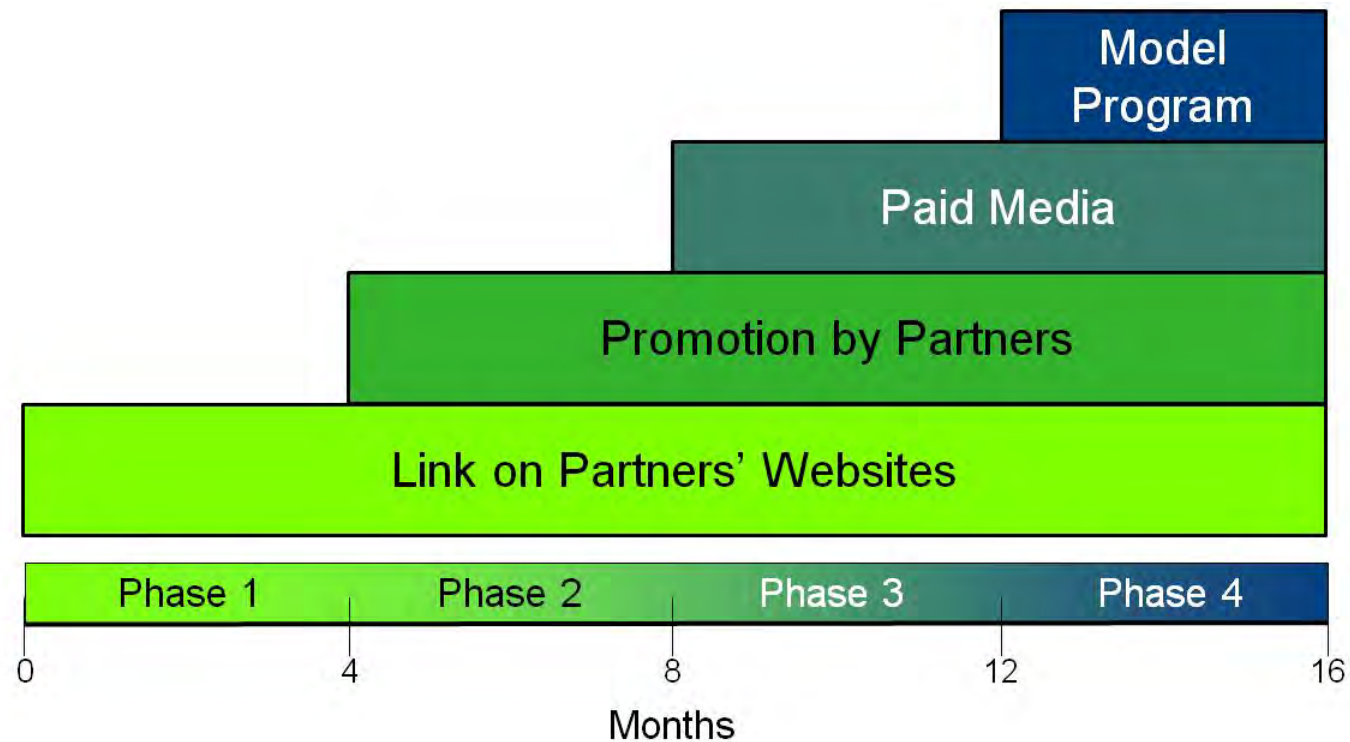
[Michigan's New Teen Driving Laws Take Effect March 30th! >](#)

[Teens Do Better With Parents Who Set Limits >](#)

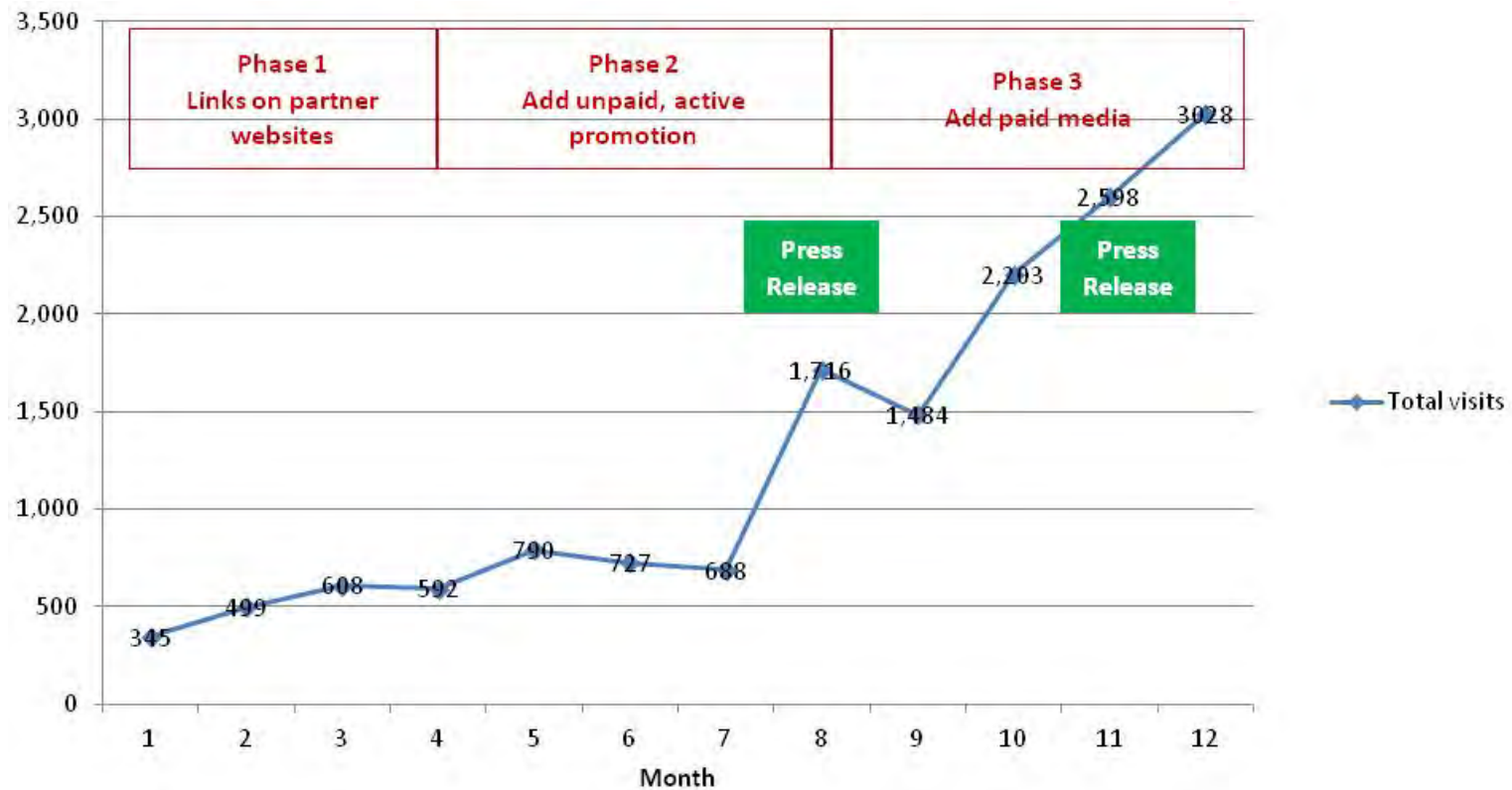
[MI Senate Passes House Measure to Change Teen Driving Laws >](#)

[See all news posts](#)

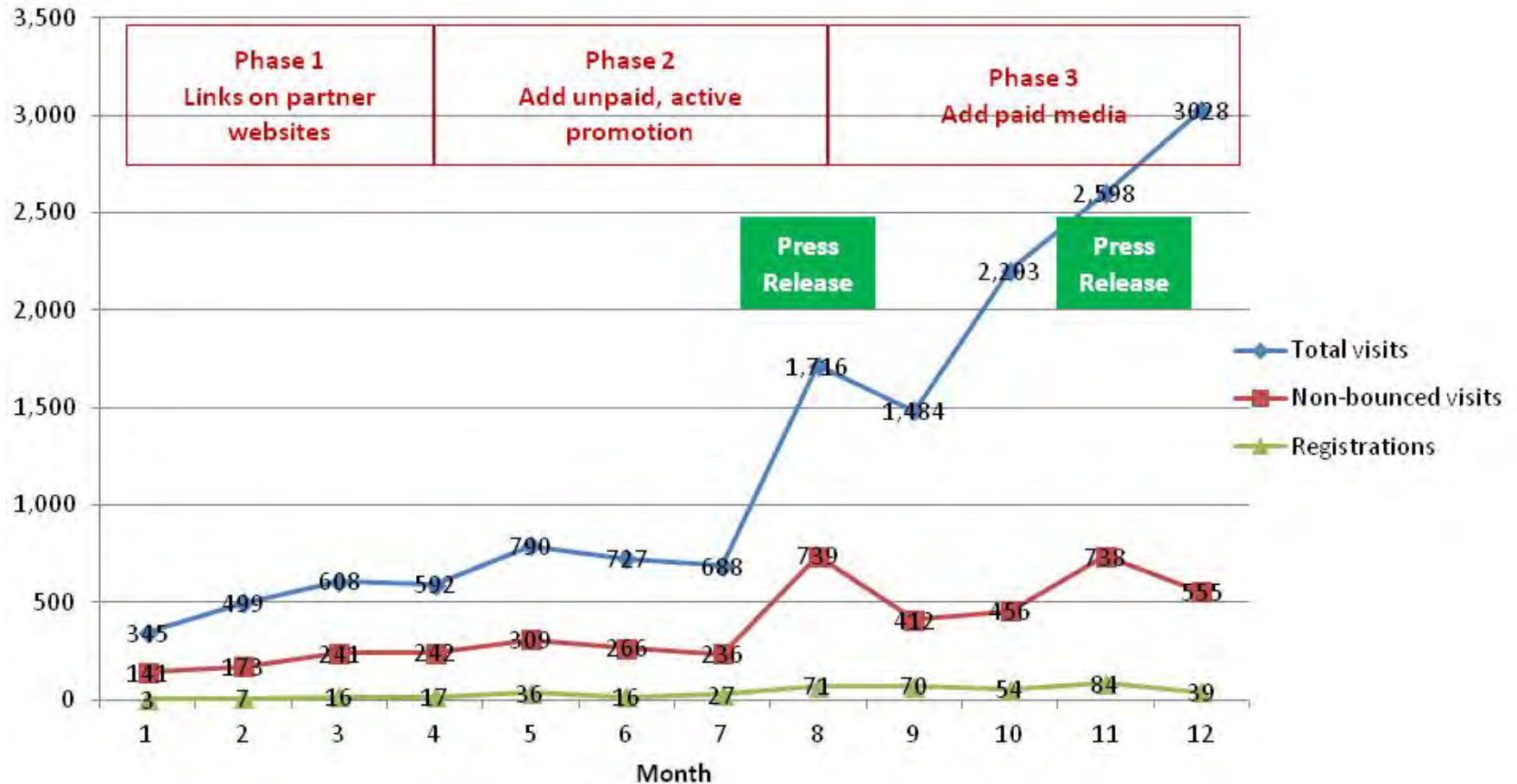
Checkpoints Web Promotion Phases



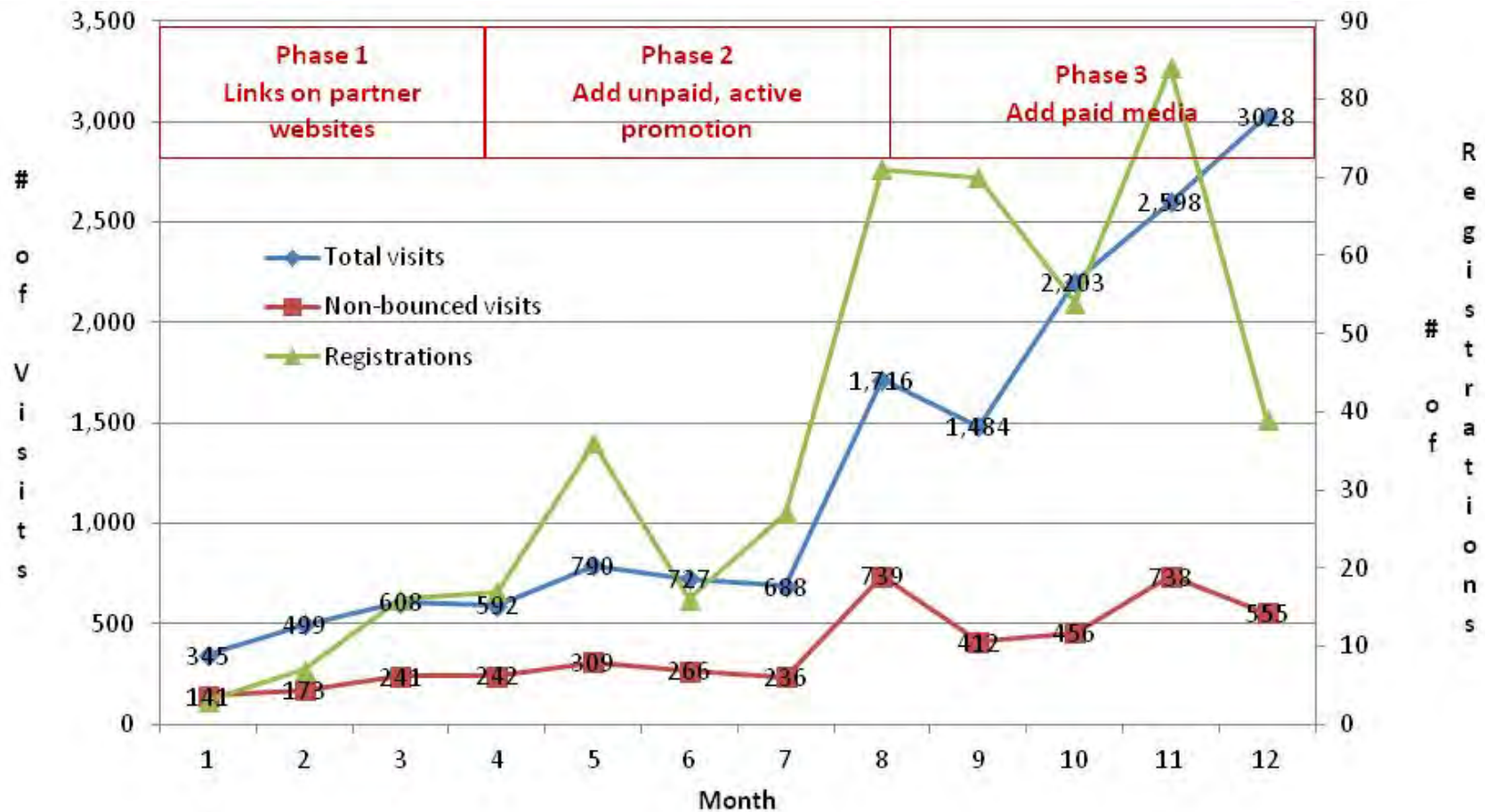
Google Analytics Results: Traffic



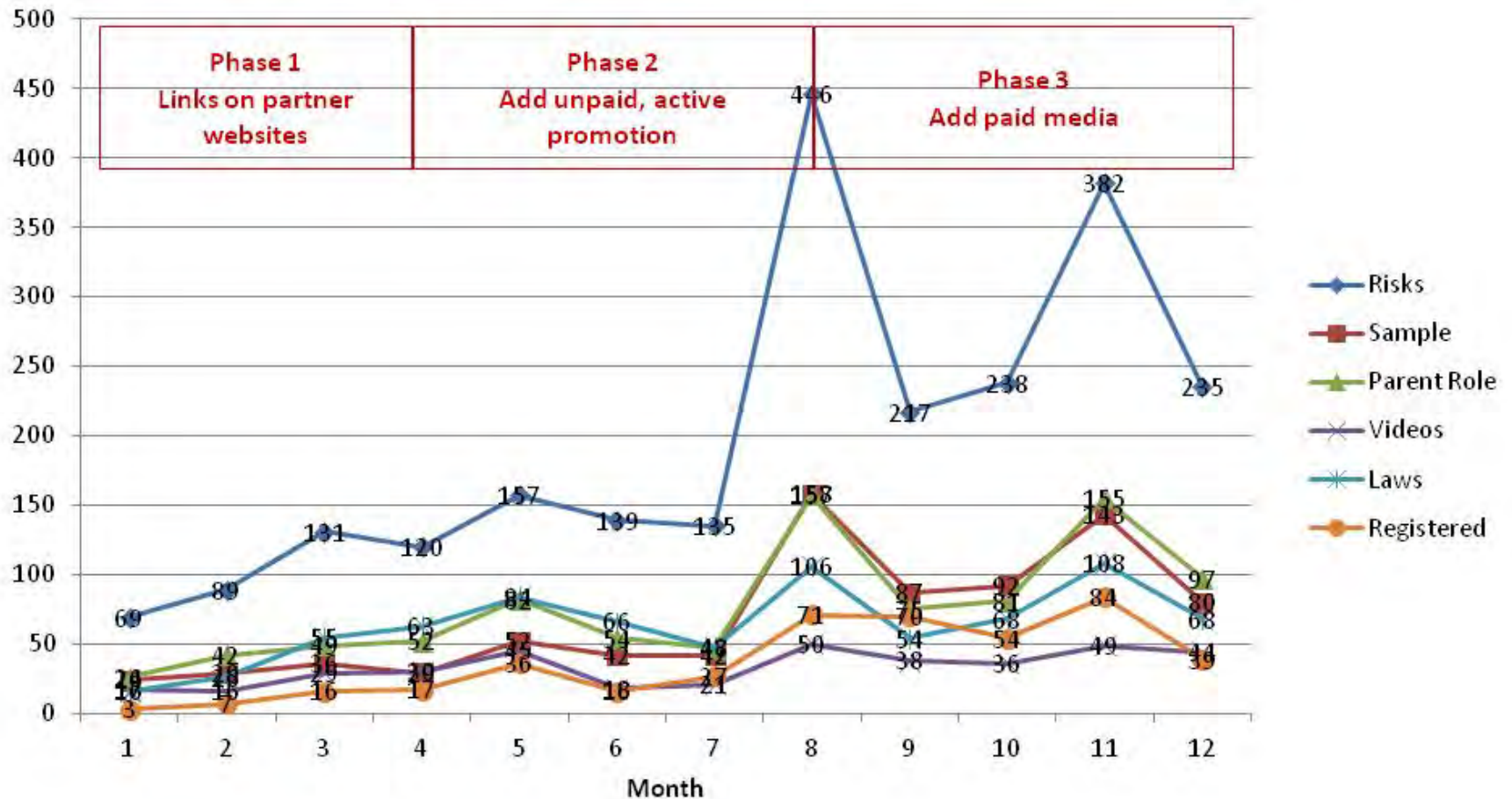
Google Analytics Results: Visits



Google Analytics Results: Registrations



Google Analytics Results: Topics



Driver educators can:

- Direct parents toward useful websites
- Help parents find resources they need
- Be sure that what is recommended has been evaluated and is evidence-based
- Other...

Checkpoints in Primary Care Study

- **Collaboration with American Academy of Pediatrics**
- **Dissemination Checkpoints through pediatric and family medicine primary care settings**
- **Posters, bookmarks, pens, notepads, button**
- **Primary care provider brief intervention: raise issue of teen driving and refer parents to Checkpoints website**
- **Measure visits to website, adoption of agreement**



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“

The most important thing parents can do to reduce teen crash risk is to limit initial driving under high risk conditions.

”

Dr. Anne Storch-Morley, National Institute of Child Health and Human Development

LATEST NEWS

[See all news posts](#)



Making Teen Drivers Safer

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California Graduated Driver Licensing

designed to increase the safety of new teen drivers

Parents

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License Type	Level 1 (Supervised Driving)	Level 2 (Independent Driving, with Restrictions)	Level 3 (Unrestricted Driving)
What other names do people call this license?	<ul style="list-style-type: none">• Learner's license• Learner's permit	<ul style="list-style-type: none">• Driver's license• Probationary license• Provisional license• Restricted license	<ul style="list-style-type: none">• Driver's license• Full license• Unrestricted license
Minimum Age	<ul style="list-style-type: none">• At least 15 and 6 months	<ul style="list-style-type: none">• At least 16	<ul style="list-style-type: none">• At least 17
What needs to be completed before getting this license?	<ul style="list-style-type: none">• Driver's education completed (30 class hours) or current enrollment• License not valid until you start behind the wheel training (6 hrs)• Written exam	<ul style="list-style-type: none">• 50 hrs supervised practice driving (10 at night)• Driver's training (6 hours)• Hold Level 1 license for 6 months• Road test	<ul style="list-style-type: none">• 12 months with no crash/violation
Forms tests and extras needed	<ul style="list-style-type: none">• Fee• Parent signature• Vision exam	<ul style="list-style-type: none">• Parent Signature• Proof of completion of driving education and training	
When and where teens can drive	<ul style="list-style-type: none">• Cannot use cell phones while driving• Drive only with parent, guardian, or other licensed driver 25 or older	<ul style="list-style-type: none">• Cannot use cell phones while driving• Drive unsupervised except 11pm-5am• No passengers younger than 20 (limited exception for immediate family) for first 12 months	<ul style="list-style-type: none">• Cannot use cell phones while driving• Full driving privileges



Even “responsible” friends in the car can be distracting. Crash risks are nearly doubled with one passenger – and go up further with each extra passenger.

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Sign up to start your Driving Agreement

* Required Fields

* Username

* Email address

* Email address (again)

* Password

* Password (again)

* Where did you
hear about this
website?



Testart Site.



CC BY-NC-SA

Why am I being asked for this information?

To use the interactive parent-teen agreement you must create a username and password. This will allow you to save your agreement and return to it in the future. The items that are required are needed to use the interactive agreement.

Telling us how you heard about the website will help us make it available to more parents.

Your privacy is important. Your information is safe and will not be sold or shared with anyone. See our [Privacy Policy](#) for more details.



Making Teen Drivers Safer



Teens with their own vehicles are at greater risk because they drive more and have fewer restrictions placed on them.

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[PARENT RESOURCES](#) |

[DRIVING AGREEMENT](#) |

[RISKS](#)

Add a Checkpoint to Agreement for *Jane*

[Back](#)

*Review date

2011-04-29



Nighttime driving

until dark



Teen passengers day

none



Teen passengers night

none



Weather conditions day

Light Rain



Weather conditions night

Dry



Road type day

☒ Dry

☐ Light Rain

☐ Light Snow and Ice

☐ Light Fog

☐ Any Rain

☐ Any Fog

☐ Any Snow or Ice

☐ All Weather



[Add Checkpoint](#)

Other (please specify):

[HOME](#) | [CONTACT US](#) | [MY AGREEMENT](#)

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Parent-Teen Driving Agreement for *Jane*[Print](#)[Back](#)

CHECKPOINTS

[Add Checkpoint](#)[See Archived Checkpoints](#)

Driving Conditions		Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4
Start Date		04/05/2011	Add Checkpoint		
Review Date		04/29/2011			
Nighttime		until dark			
Teen Passengers	Daytime	none			
	Nighttime	none			
Weather Conditions	Daytime	Light Rain,			
	Nighttime	Dry,			
Roads	Daytime	Local (< 55 mph),			
	Nighttime	Neighborhood (<=25 mph),			

DRIVING RULES

[Edit Driving Rules](#)

Teen Driver Will:

- Never play around with passengers, talk on a cell phone, mess with the radio or do anything else distracting
- Always call home if for any reason it is not safe to drive or ride with someone else
- Always call home if going to be late
- Always wear a safety belt and require all passengers to wear safety belts
- Always obey all traffic laws
- Never speed, tailgate, or cut off others
- Never drive after taking any drugs or alcohol or ride with

Parent Will:

- Provide safe ride home when asked (no questions at that time)
- Consider necessary exceptions to the driving privileges
- Apply rules fairly and consistently
- Point out and discuss safe and dangerous driving situations and practices
- Be a good role model behind the wheel

Checkpoints in Primary Care Progress

- Primary care providers beginning implementation
- Google Analytics data better than Michigan website
 - Visits are longer
 - More pages are viewed
 - More registrations, agreements
- Direct personal message from trusted source more motivating

Driver educators can:

- Deliver a direct message to parents and be more effective
 - Care about teens' safety
 - Ways to help teens
- Consider directing parents to: youngdriverparenting.org
- Other...

Can technology help?



Safety Monitoring Study

- In-vehicle data recording and feedback device
- Triggered by hard braking, sharp turns
- Randomized control trial for 13 weeks with 90 dyads:
 - Feedback only to teen (light only)
 - Feedback to teen (light) and parent (weekly report card, coaching tips, ranking of teen relative to others, and access to event videos)



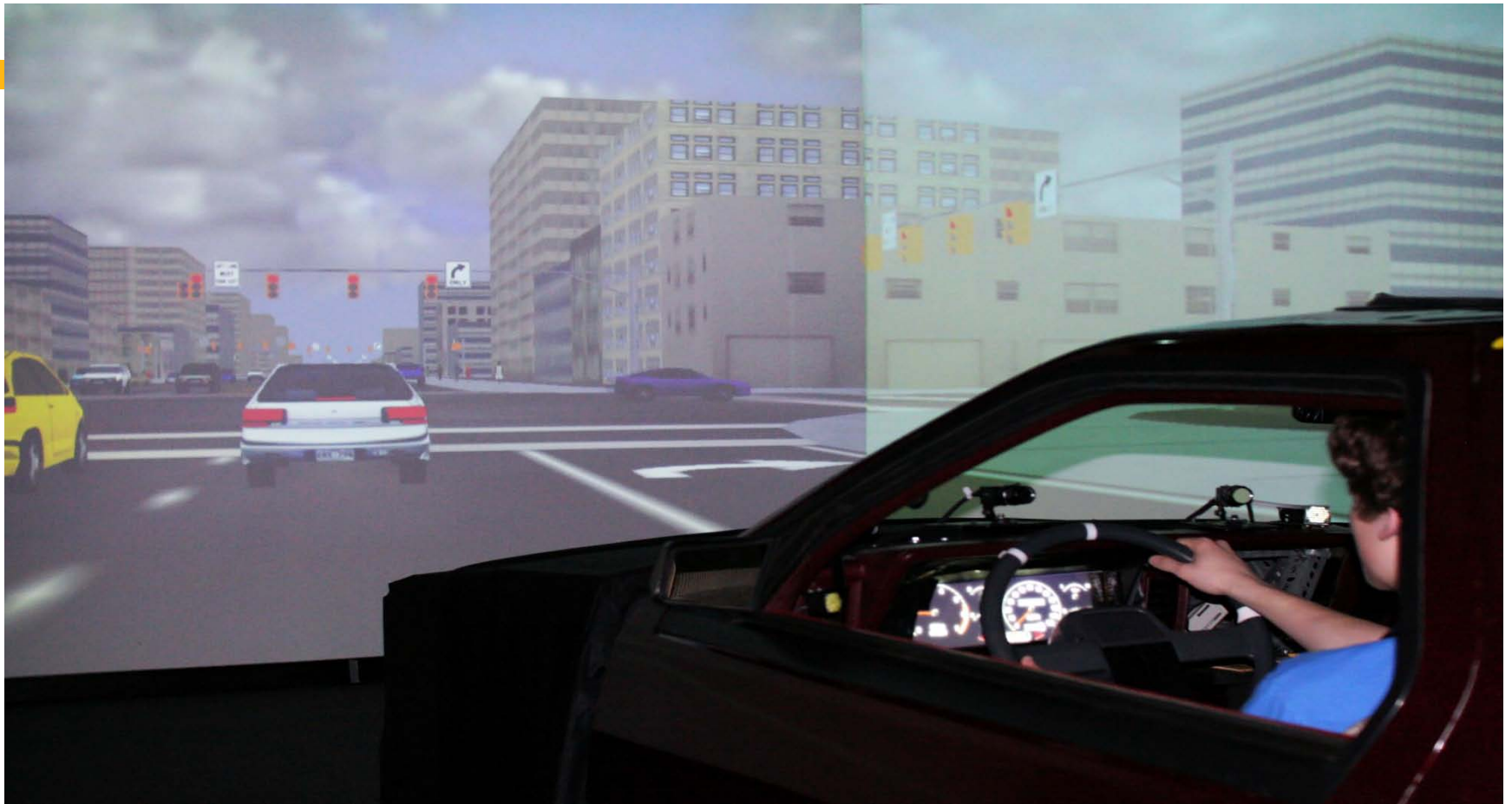
Safety Monitoring Results

- The group that received both the lights and feedback to parents:
 - Had less risky driving
 - Had their risky driving decline significantly

Driver educators can:

- Rise to challenge of reducing risky events when teens drive on their own
- Encourage parents to monitor teens' driving behavior
 - Checkpoints-type approach
 - Parent-teen driving agreement
 - Monitoring with or without a device
- Other...

Teen Passenger Simulator Study



Teen Passenger Simulator Study

- Understand the influence of teen passengers on teen driving
- Project 1: Randomized controlled trial of risk-averse vs. risk-accepting passenger
 - Male driver and male 'confederate' passenger
 - 60 teen drivers met confederate and drove route
 - Data on risky driving collected

Teen Passenger Simulator Project

- Project 1 results show that male teens' driving is more risky in the presence of the risk-accepting confederate
- Project 2 will have a stronger teen passenger role, overtly risk-averse or risk-accepting
 - Passenger will verbally encourage driving style
 - 90 teen drivers will be studied
- Social psychology of peer influence being studied with questionnaires and brain imaging

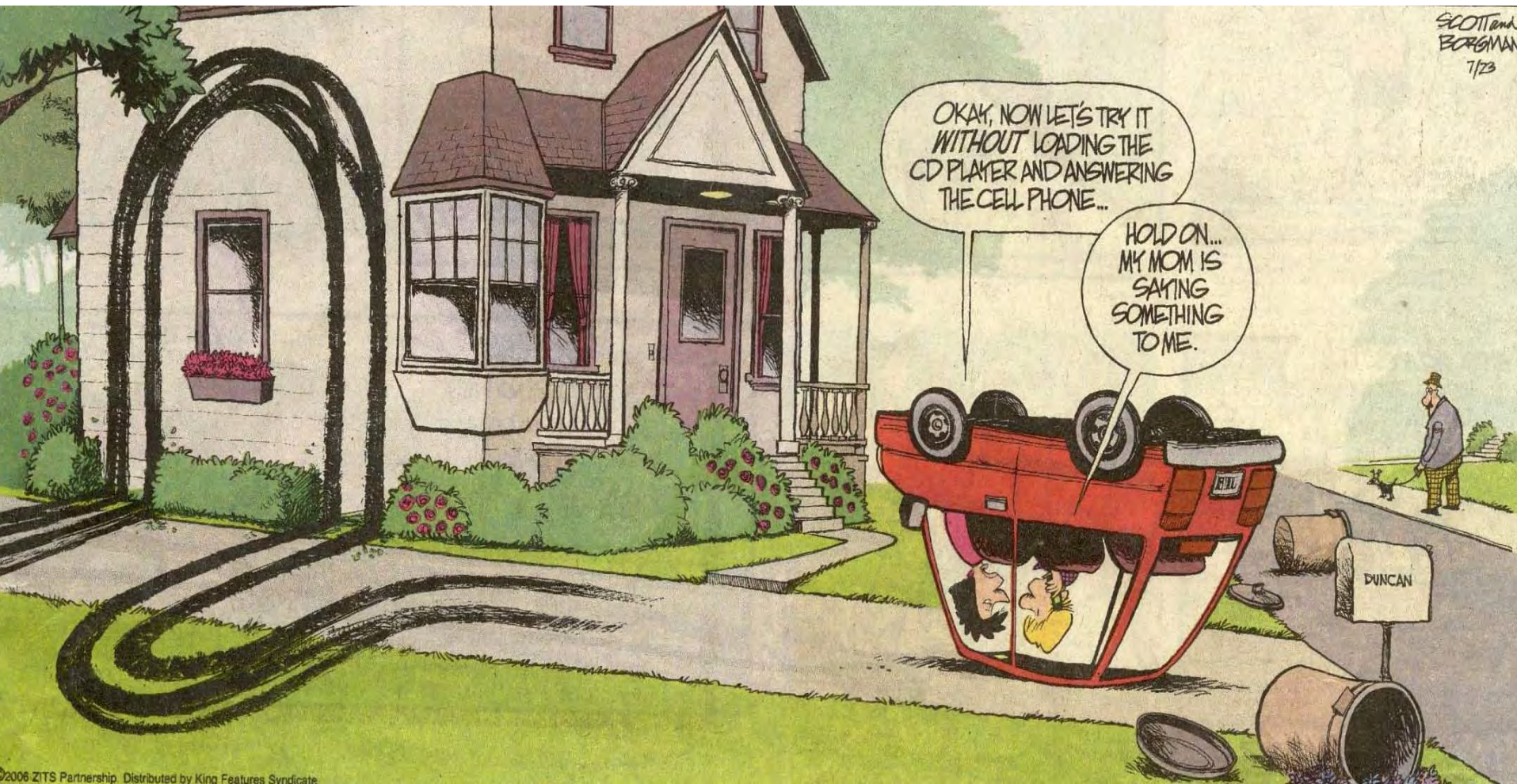
Driver educators can:

- Stay tuned for new results
- Be open to new driver education approaches
- Be aware of what you can and can't do
- Help families prepare for helping their teens
- Keep up the good work preparing the best drivers possible!

Where are we? What's ahead?

- Know some factors that relate to teen crashes
 - But don't know how teens learn to drive (science)
- Know that policies like GDL help
 - But may need to enhance them more
- Know that driver education is essential
 - But need updated driver education
- Know how to help parents help teens
 - But parents are challenged in doing so
- Need to stay tuned, adapt approach, focus on the teens

SCOTT and
BORGMAN
7/23



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Zakrajsek JS, Shope JT, Ouimet MC, Wang J, Simons-Morton BG. Efficacy of a brief group parent/teen intervention in driver education to reduce teenage driver injury risk: A pilot study. *Family and Community Health* 32(2), 175-188, 2009.

Zakrajsek JS, Shope JT, Greenspan AI, Wang J, Bingham CR, Simons-Morton BG. Effectiveness of a parent-directed brief teen Driver safety intervention (Checkpoints) delivered by driver education instructors. Submitted.

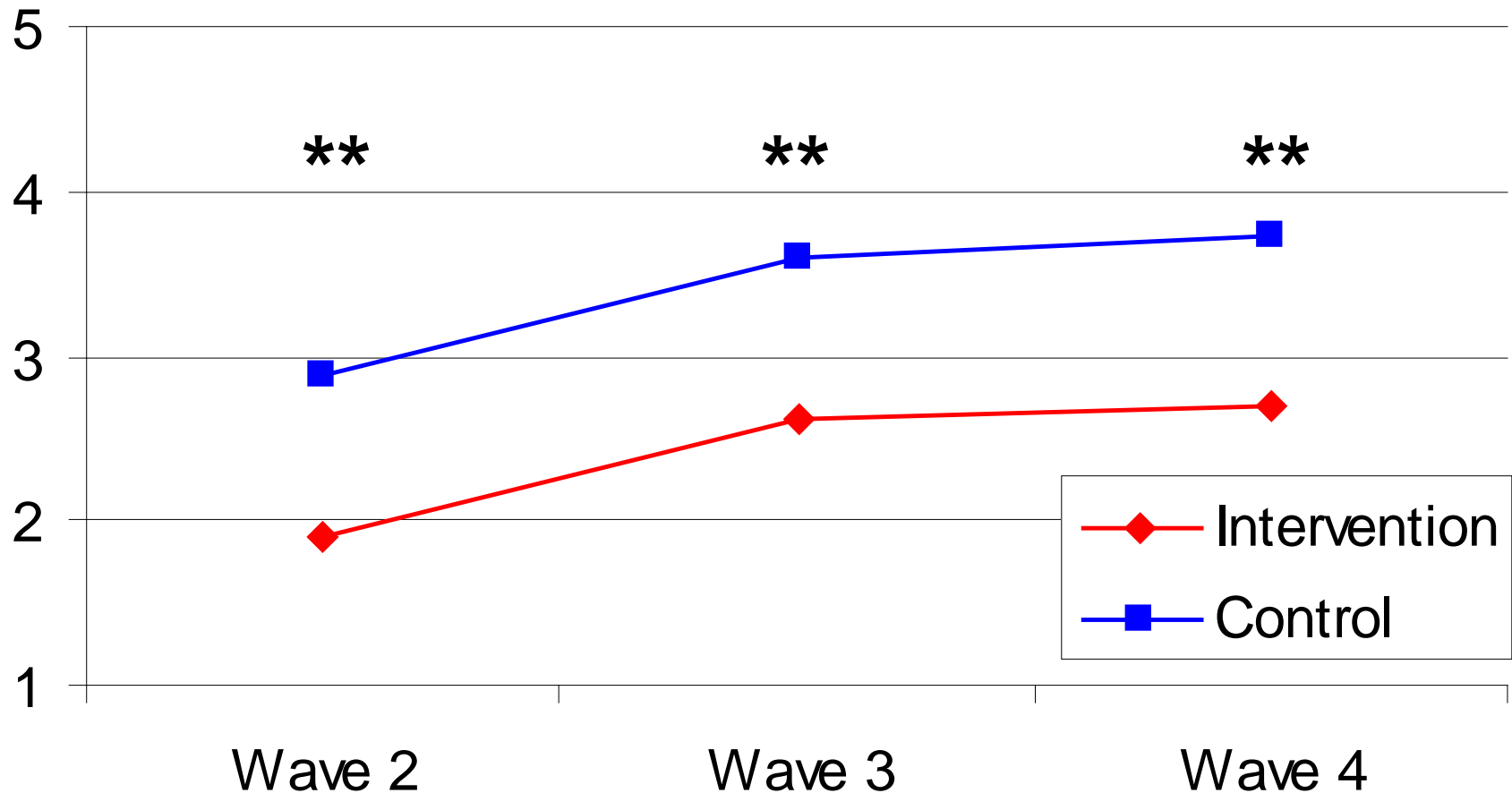
More Detailed Data from Checkpoints Driver Education Study

Zakrajsek JS, Shope JT, Greenspan AI, Wang J, Bingham CR, Simons-Morton BG. Effectiveness of a parent-directed brief teen Driver safety intervention (Checkpoints) delivered by driver education instructors. Submitted.

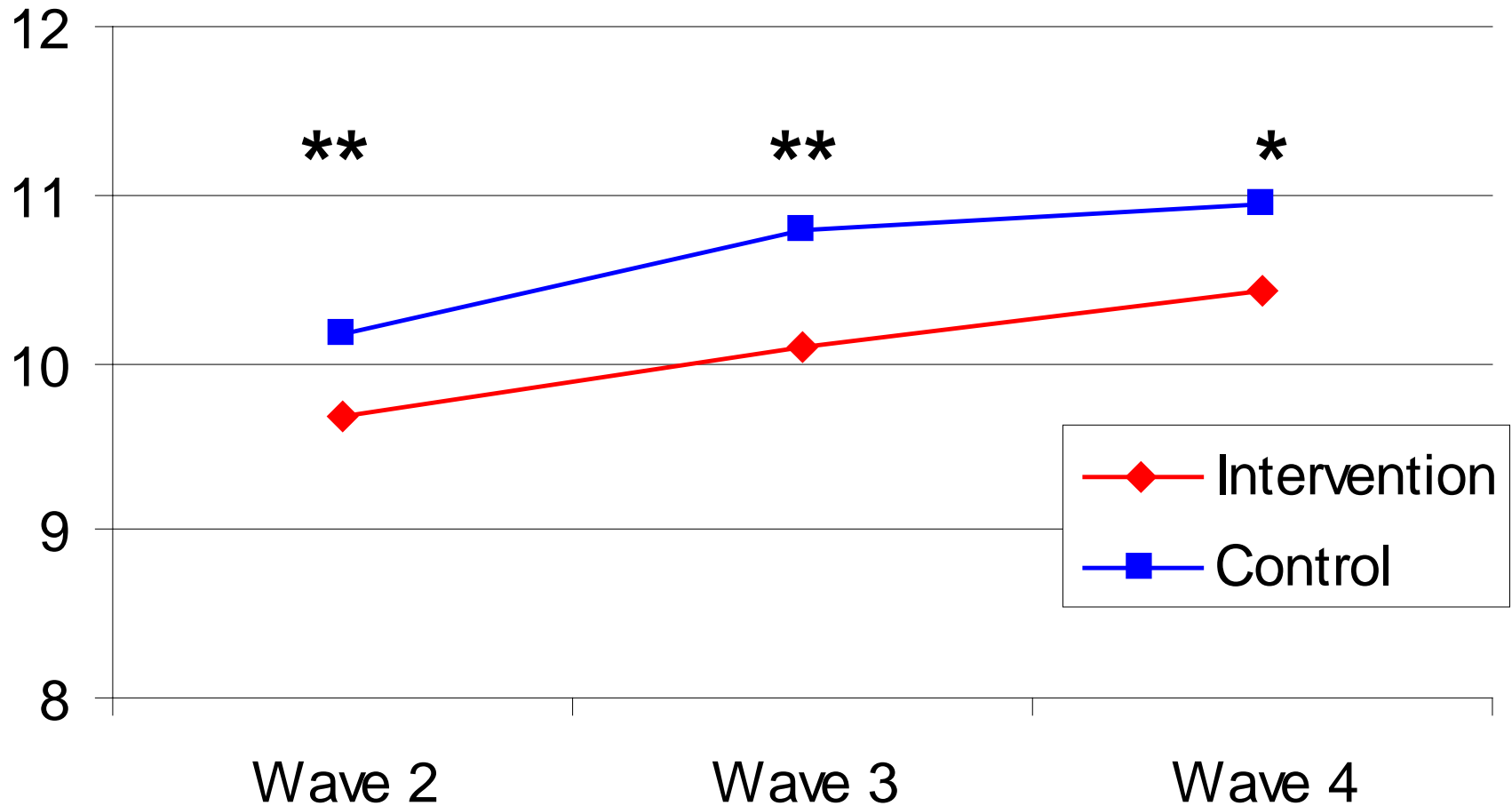
% of Teens with Limits Meeting Checkpoints Recommendations

	Wave 2		Wave 3		Wave 4	
	Intervention	Control	Intervention	Control	Intervention	Control
Teen passengers	55.6	21.3	28.6	8.5	28.6	8.7
Week night	47.6	27.7	61.9	42.6	87.3	68.1
Weekend night	33.3	6.4	39.7	21.3	60.3	46.8
Road type	28.6	2.1	12.7	6.4	14.3	10.6
Weather	0.0	0.0	1.6	2.1	25.4	14.9

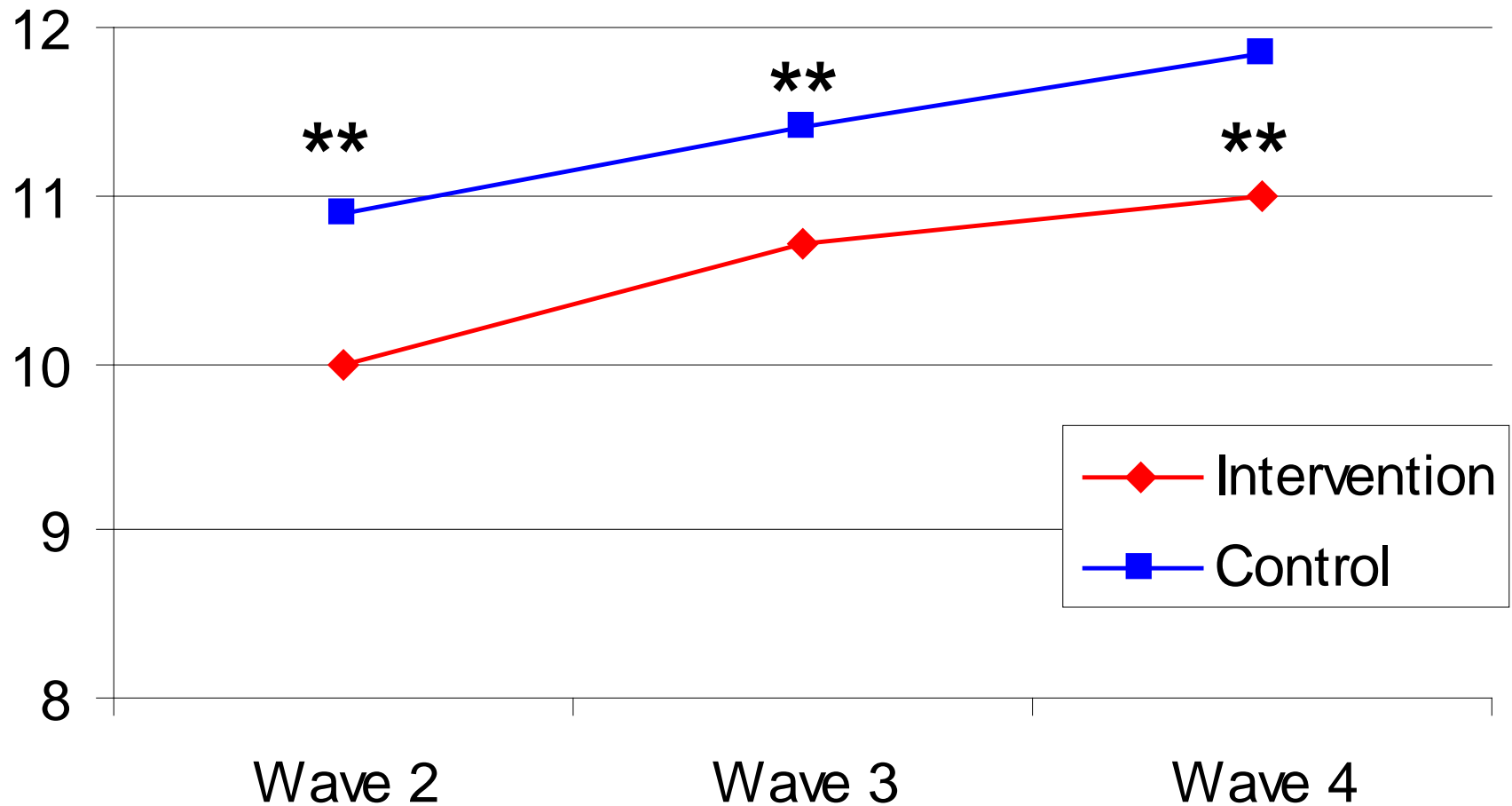
Number of Teen Passengers Allowed



Night Driving Limit: Sun - Thurs



Night Driving Time: Fri - Sat



Driving Outcomes at 6 months (Wave 4)

	Intervention <i>m (sd)</i>	Control <i>m (sd)</i>	<i>p</i>
Overall High Risk Driving (past week) – 19 items	0.50 (0.5)	0.82 (0.9)	.04
Sped in residential or school zone	1.51 (1.7)	2.20 (2.3)	.09
Drove 10-19 mph over limit	0.31 (0.1)	0.80 (1.8)	.10
Drove 20+ mph over limit	0.02 (0.1)	0.28 (0.7)	.02
Tailgated	0.08 (0.3)	0.37 (1.0)	.07
Went through intersection on yellow	1.79 (2.2)	3.15 (3.9)	.04
Raced another vehicle	0.05 (0.2)	0.24 (0.7)	.07
Drove to show off	0.03 (0.2)	0.15 (0.4)	.08

■ No difference in number of teens with offenses (15%) or crashes (12%)